

Centennial House Impact Statement 2025



About Centennial House

Centennial House is a semi-independent, single-staffed Community Living home. Centennial House maintains efficient service delivery through well-defined routines, proactive planning, and consistent communication between staff and residents. The home is currently operating at full capacity, with four permanent female residents.

Demographics

Four female residents
Ages 22, 29, 37, and 38.

Practice Principles

- Upholding each individual's autonomy and right to make informed choices about their lives.
- Actively involving individuals in decisions that affect their daily routines, goals, and overall wellbeing.
- Enriching lives through meaningful inclusion and strengthening connections with family, friends, peers, and the broader community.
- Treating every person with dignity, respect, and compassion in all interactions.
- Promoting barrier awareness and actively working to reduce or remove obstacles to participation and independence.

Program Activities

- Movie Nights, both in-house and at Cineplex Theatre, to promote social engagement and recreation.
- Themed and seasonal crafting activities to encourage creativity and shared experiences.
- In-house spa days to promote self-care, relaxation, and wellness.
- Sunday lunch gatherings at Desmond House to foster community connection.
- Games nights to build social interaction, teamwork, and fun peer engagement.
- SPCA visits to support meaningful animal-assisted experiences.
- Shared meals at the resource to strengthen relationships.
- Participation in Music in the Park events for community inclusion and outdoor recreation.
- Saturday visits to the local Community Farmers' Market to encourage independence and community participation.
- In-house recreational activities designed around resident interests.